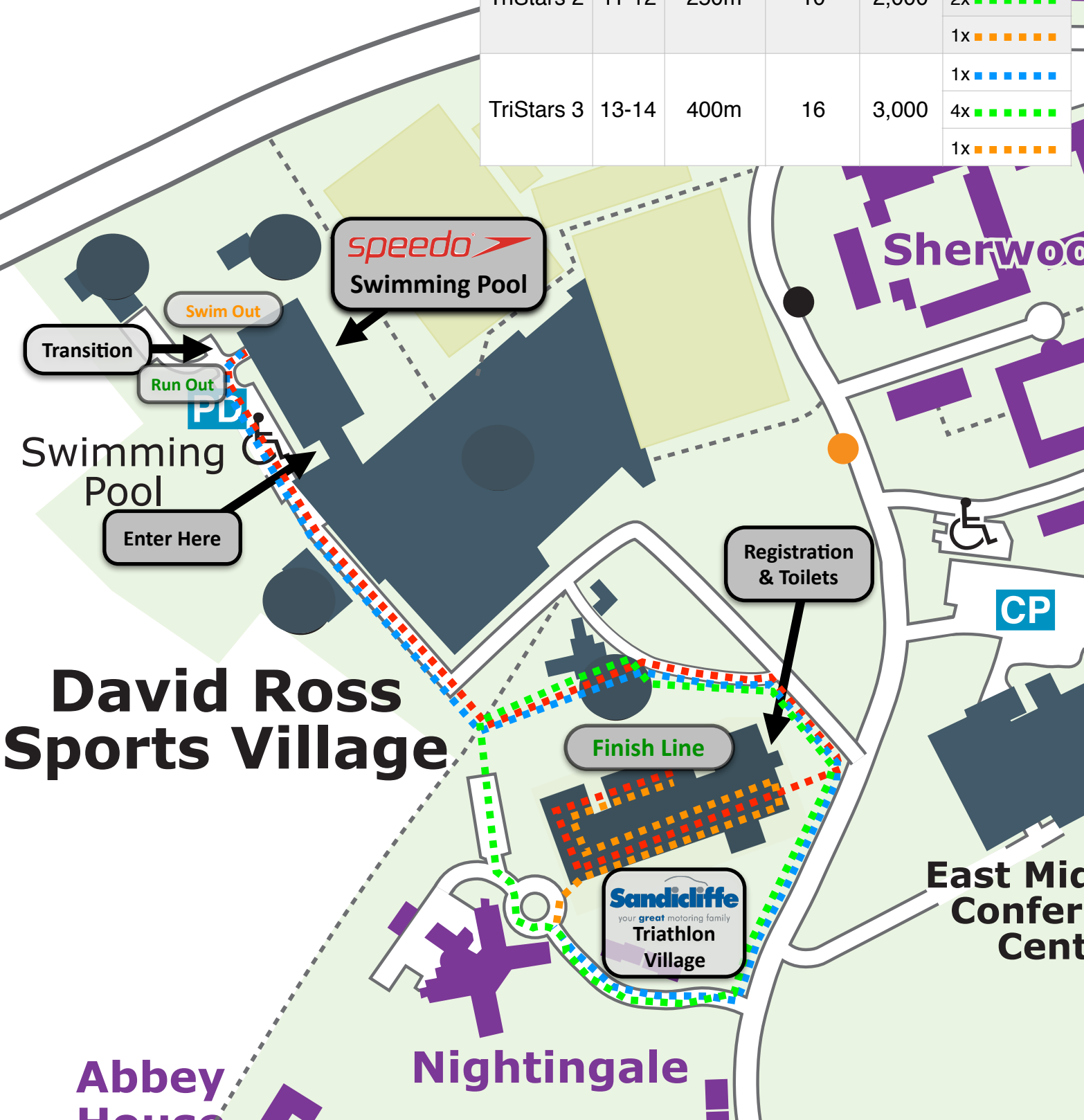




# Notts Triathlon

## Tristars Aquathlon

Category		<i>speedo</i>	Swim	Run	
TriStars	Years	Metres	Lengths	Metres	
Start	8	50m	2	600	
TriStars 1	9-10	150m	6	1,500	1x <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span>
					1x <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span>
					1x <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span>
TriStars 2	11-12	250m	10	2,000	1x <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span>
					2x <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span>
					1x <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span>
TriStars 3	13-14	400m	16	3,000	1x <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span> <span style="color:red">■</span>
					4x <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span> <span style="color:blue">■</span>
					1x <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span> <span style="color:green">■</span>



David Ross Sports Village

